

<b>U10 Session Plan</b> Week 4		<b>Season</b> Spring 2016		<b>Topic</b> PASSING BASICS 1	
<b>Objectives (5 W's)</b>		<b>Who:</b> #6, #8, #9 <b>Where:</b> In the defensive and attacking half of the field <b>What:</b> Passing, Receiving, Shooting, Penetration, Support, Mobility <b>When:</b> The team is building up the attack <b>Why:</b> To penetrate the opponent's defense			
<b>Organization</b>		<b>Duration</b> 12 mins	<b>Intensity</b> Med-High	<b>Stage 1</b> Passing Triangle	
<ul style="list-style-type: none"> <li>Area: In a 15x15x15 yard triangle. Players #6, #8, and #9 on each cone. #9 starts with the ball. #6 checks away from the cone then back, receives a pass from #9 with the front foot, #6 then pushes the ball past the cone to make the next pass to #8, continue. Intervals-1: Receive, dribble, pass. 2: Receive with one foot, pass with the other. 3: Reverse passing direction</li> </ul>					
<b>Coaching Points</b>		<b>Activity Time</b> 2 mins	<b>Rest</b> 1 min	<b>Intervals</b> 4	
<ul style="list-style-type: none"> <li>What? Technique of Passing: Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the middle ~ Receiving: Get the body behind the ball, Ankle locked and toes up, Eyes on the ball, 1st touch push the ball where you want to go or away from pressure</li> </ul>					
<b>Stage 2</b> 4 v 4 to 4 Goals		<b>Organization</b>		<b>Duration</b> 15 mins	<b>Intensity</b> Med-High
		<ul style="list-style-type: none"> <li>Area: In a 20Wx30L yard field with 2 small goals on each endline</li> <li>Target team (Red): #1, #6, #8, #9 - Opposition team (White): #1, #4, #5, #8</li> <li>Play to score in the opponent's goal. #1 defends their team's 2 goals.</li> <li>~ When a team makes 2 passes or more without losing possession, and then scores a goal, the goal is worth 10 points</li> </ul>			
<b>Coaching Points</b>		<b>Activity Time</b> 4 mins	<b>Rest</b> 1 min	<b>Intervals</b> 3	
<ul style="list-style-type: none"> <li>What? Technique ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance</li> <li>Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why?</li> </ul>					
<b>Organization</b>		<b>Duration</b> 18 mins	<b>Intensity</b> Medium	<b>Stage 3</b> 4 v 4 to Goal	
<ul style="list-style-type: none"> <li>Area: In a 20Wx30L yard field with goals</li> <li>Target team (Red): #1, #6, #8, #9 - Opposition team (White) #1, #4, #5, #8</li> <li>Play to score in the opponent's goal. All rules apply</li> </ul>					
<b>Coaching Points</b>		<b>Activity Time</b> 7 mins	<b>Rest</b> 2 mins	<b>Intervals</b> 2	
<ul style="list-style-type: none"> <li>What? Technique ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Accuracy and Power</li> <li>Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why? ~ Improvisation: When?</li> </ul>					
<b>Stage 4 - 7v7</b>	<b>Duration</b> 30 mins	<b>Formation</b> R GK-3-2-1 v W GK-2-3-1	<b>Activity Time</b> 12 mins	<b>Rest</b> 3 mins	<b>Intervals</b> 2
<b>Organization</b>	In a 30Wx47L yard field play 7v7. All FIFA rules apply. Encourage #6, #8, #9 to pass & support each other				
<b>Coaching Points</b>	Technical Execution, Roles and responsibilities of #6, #8, #9. Attacking Principles, 5W's, Speed of Play.				